**What Is Claimed Is:**

1. A composition that produces weight loss in a mammal, comprising an agent capable of raising endorphin levels in a mammal and an agent capable of increasing insulin sensitivity in a mammal.

2. The composition of claim 1, wherein the agent capable of raising endorphin levels in a mammal comprises an herbal extract.

3. The composition of claim 2, wherein the herbal extract is viscus album.

4. The composition of claim 1, wherein the agent capable of increasing insulin sensitivity in a mammal comprises chromium ions.

5. The composition of claim 4, wherein the agent capable of increasing insulin sensitivity in a mammal is chromium niconalate.

6. The composition of claim 4, wherein the agent capable of increasing insulin sensitivity in a mammal comprises Tremella mushrooms.

7. The composition of claim 1, further comprising an agent capable of slowing digestion.

8. The composition of claim 7, wherein said agent capable of slowing digestion comprises Tremella mushrooms.

9. The composition of claim 1, further comprising conjugated linoleic acid.

10. The composition of claim 1, further comprising kelp.

11. A composition that produces weight loss in a mammal, comprising an agent capable of raising endorphin levels in a mammal and an agent capable of slowing digestion in a mammal.

12. The composition of claim 11, wherein the agent capable of raising endorphin levels in a mammal comprises an herbal extract.

13. The composition of claim 12, wherein the herbal extract is viscus album.

14. The composition of claim 11, wherein the agent capable of slowing digestion in a mammal comprises Tremella mushrooms.

15. The composition of claim 11, further comprising an agent capable of increasing insulin sensitivity in a mammal.

16. The composition of claim 15, wherein the agent capable of increasing insulin sensitivity comprises Tremella mushrooms.

17. The composition of claim 15, wherein the agent capable of increasing insulin sensitivity comprises chromium ions.

18. The composition of claim 16, wherein the agent capable of increasing insulin sensitivity is chromium niconalate.

19. The composition of claim 11, further comprising conjugated linoleic acid.

20. The composition of claim 11, further comprising kelp.

21. A composition that produces weight loss in a mammal comprising:

an effective amount of a viscus album;

an effective amount of chromium niconalate;

an effective amount of Tremella mushrooms;
an effective amount of conjugated linoleic acid; and
an effective amount of kelp.

22. A method of reducing weight in a patient, comprising administering to said patient a composition of claim 1.

23. The method of claim 22, wherein the agent of claim 1 capable of raising endorphin levels in a mammal is an herbal extract.

24. The method of claim 23, wherein the herbal extract is viscus album.

25. The method of claim 22, wherein the agent of claim 1 capable of increasing insulin sensitivity in a mammal comprises chromium ions.

26. The method of claim 25, wherein the agent capable of increasing insulin sensitivity in a mammal is chromium niconalate.

27. The method of claim 22, wherein the agent of claim 1 capable increasing insulin sensitivity in a mammal comprises Tremella mushrooms.

28. The method of claim 22, wherein the composition further comprises an agent capable of slowing digestion.

29. The method of claim 28, wherein the agent capable of slowing digestion comprises Tremella mushrooms.

30. The method of claim 22, wherein the composition further comprises conjugated linoleic acid.

31. The method of claim 22, wherein the composition further comprises kelp.

32. The method of claim 22, wherein the composition promotes prevents of muscle tissue for energy.

33. A method of reducing weight in a patient, comprising administering to a patient a composition of claim 11.

34. The method of claim 33, wherein the agent of claim 11 capable of raising endorphin levels in a mammal comprises an herbal extract.

35. The method of claim 34, wherein the herbal extract is viscus album.

36. The method of claim 33, wherein the agent of claim 11 capable of slowing digestion comprises Tremella mushrooms.

37. The method of claim 33, wherein the composition further comprises an agent capable of increasing insulin sensitivity in a mammal.

38. The method of claim 37, wherein the agent capable of increasing insulin sensitivity in a mammal comprises Tremella mushrooms.

39. The method of claim 37, wherein the agent capable of increasing insulin sensitivity comprises chromium ions.

40. The method of claim 39, wherein the agent capable of increasing insulin sensitivity is chromium niconalate.

41. The method of claim 33, wherein the composition further comprises conjugated linoleic acid.

42. The method of claim 33, wherein the composition further comprises kelp.

43. The method of claim 33, wherein the composition prevents utilization of muscle tissue for energy.

44. A dietary supplement composition comprising an agent capable of raising endorphin levels in a mammal and an agent capable of increasing insulin sensitivity in a mammal.

45. A dietary supplement composition comprising an agent capable of raising endorphin levels in a mammal and an agent capable of slowing digestion in a mammal.

46. A dietary supplement composition for controlling weight loss comprising:

an effective amount of a viscus album;

an effective amount of chromium niconalate;

an effective amount of Tremella mushrooms;

an effective amount of conjugated linoleic acid; and

an effective amount of kelp.